Coordination is the ability to move different parts of the body simultaneously or in sequence in order to perform a specific task. Gaelic games require a good sense of Coordination as players are required to perform skills that involve hand-eye coordination, hand-foot coordination and foot-eye coordination at various stages.

LEVEL 1 EXERCISES

1. MARCHING
   Marching on the spot, players bring their knees up high and swing the arms, bending at the elbow.

2. STEPPING STONES
   Place a number of markers around the playing area. Players move from one marker to another using one step or leap.

To Coach this Skill use the IDEA method:

1. **INTRODUCE** the skill
2. **DEMONSTRATE** the technique
3. **EXECUTE** the activity
4. **ATTEND** and provide feedback
**LEVEL 2 EXERCISES**

1. **TURN THE CAP**
   Place a number of markers around the playing area. Players move around the playing area turning the cap. One team turns the caps up, the other down.

2. **LADDER HOPSCOTCH**
   Players hop in and out of every second space on the ladder. Bring the feet together when hopping into the ladder and spread them when hopping out.

3. **CRAZY BALL**
   The Crazy ball is thrown up into the air by the player and allowed to bounce. Attempt to catch after a set number of bounces.

**VARIATIONS**

The STEP method is a simple way to vary any activity, game or drill.

- **pace**
- **task**
- **equipment**
- **layers**

- vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- alter the equipment - use a bigger or smaller ball, or playing against a wall may increase or decrease the challenge
- increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.

**LEVEL 3 EXERCISES**

1. **VOLLEYBALL PUSH**
   Players push the ball above their head using the fingertips. Attempt to keep the ball up as long as possible before catching it.

2. **PASS IN A LADDER**
   Players work in pairs. Move through the ladder sideways while passing to one another.